



How to Support a Quitter

Friends and family members of tobacco users can play a big part in helping them quit. Knowing how to talk to your loved ones about quitting—without pushing them away—can be hard. Here is some advice for getting the conversation started.

Do:

- Begin any talks on quitting gently.
- Talk one-on-one about your concerns for the person's health.
- Encourage the person to seek help in quitting. Suggest they try a tobacco treatment program, such as the Quit For Life® Program. All they need to do is call **1.866.QUIT.4.LIFE** for more information or to enroll.
- Be compassionate. Quitting tobacco is very hard.
- Tell them that you believe in them and they can do it!
- Tell the person that you care about them no matter what they decide to do about their tobacco use.
- Ask friends and family to back up your efforts—hearing the same message from more than one person really helps.
- Ask if there's a way you can help them quit.
- Plan a walk, bike ride, lunch or other social activity on November 18 to keep them engaged and away from tobacco.

Don't:

- “Hard sell” or preach at a tobacco user.
- Try to scare anyone into quitting.
- Verbally or emotionally punish the person.
- Tell the person what to do.
- Take it personally if they say no, or react negatively.
- Lose patience or get angry.
- Hide the smoker's cigarettes.
- Say that tobacco use is OK—accepting the person is not the same as accepting the tobacco use.
- Accept an excuse that they cannot live without tobacco. It's not true!
- Think of their tobacco use as anything less than an addiction